

Maharishi AyurVeda - Public Information

UK Product Name	Ayurvedic Balm (MA728)	Code Name	MA0728
Availability	Stock item in UK		
Description	An aid to muscle comfort and relaxation. Does not leave a greasy residue.		

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/g)
Sesamum indicum Linn.	Sesame	seed oil	1	45.42	454.2
Cinnamomum camphora (L.)	Camphor	oil of exudate	2	16.83	168.3
Cera alba	Beeswax		3	10	100.0
Menthol	Menthol		4	8	80.0
Thymol	Thymol		4	8	80.0
Syzygium aromaticum (Linn.)	Clove	flower bud oil	6	2	20.0
Foeniculum vulgare ssp capill	Bitter fennel	fruit oil	6	2	20.0
Eucalyptus globulus Labill.	Blue Gum	leaf oil	6	2	20.0
Cinnamomum verum J. Presl	Cinnamon verum	bark oil	6	2	20.0
Lactus	Cow's milk		10	1.75	17.5
Asparagus racemosus Willd.	Indian asparagus	root	11	0.446	4.5
Rubia cordifolia Linn.	Indian Madder	root	12	0.27	2.7
Asparagus adscendens Roxb	White Shatavari	root	14	0.076	0.8
Inula racemosa Hook. f.	Inula root	root	15	0.074	0.7
Nyctanthes arbortristis Linn.	Night Jasmine	leaf	16	0.061	0.6
Withania somnifera (L.) Dunal	Aswagandha	root	17	0.056	0.6
Justicia adhatoda L.	Malabar Nut	leaf	18	0.053	0.5
Pluchea lanceolata Oliver & H	Indian Groundsel	leaf	19	0.051	0.5
Pueraria tuberosa DC.	Indian Kudzu	tuberous root	20	0.049	0.5
Valeriana wallichii DC.	Indian Valerian	rhizome	21	0.045	0.5
Boerhaavia diffusa Linn.	Red Spreading Hogweed	root	22	0.038	0.4
Glycyrrhiza glabra Linn.	Liquorice	root	23	0.036	0.4
Butea monosperma (Lam.) K	Bengal Kino	seed	24	0.034	0.3
Eclipta prostrata (L.) L.	Trailing Eclipta	whole plant	25	0.032	0.3
Oroxylum indicum Vent.	Trumpet Tree	bark	25	0.032	0.3
Abutilon indicum (Linn.) Sweet	Abutilon	whole plant	27	0.03	0.3
Solanum xanthocarpum Schr	Yellow-berried Nightshade	whole plant	27	0.03	0.3
Mesua ferrea L.	Cobra's Saffron	flower	27	0.03	0.3
Curcuma longa Linn.	Turmeric	rhizome	30	0.027	0.3
Paederia foetida Linn.	China flower plant	whole plant	30	0.027	0.3
Tribulus terrestris Linn.	Small Caltrops	fruit	32	0.025	0.3
Anethum graveolens L.	Indian Dill	fruit	32	0.025	0.3
Teramnus labialis Spreng.	Mashaparni	whole plant	32	0.025	0.3
Uraria picta Linn.	Prisniparni	whole plant	35	0.023	0.2
Elettaria cardamomum (Linn)	Cardamom	fruit	36	0.021	0.2
Cinnamomum tamala (Buch.-	Cassia Lignae	leaf	36	0.021	0.2
Tinospora cordifolia (Willd.) H	Gulancha Tinospora	stem	36	0.021	0.2
Premna integrifolia Linn.	Headache Tree	whole plant	39	0.019	0.2
Sida cordifolia Linn.	Country Mallow	whole plant	39	0.019	0.2
Berberis aristata DC	Indian Barberry	stem	41	0.015	0.2
Solanum indicum Linn.	Indian nightshade	whole plant	41	0.015	0.2
Phaseolus trilobus Ait.	Wild Gram	whole plant	43	0.013	0.1
Stereospermum suaveolens	Trumpet Flower	bark	43	0.013	0.1
Cyperus rotundus Linn.	Nut grass	tuberous root	45	0.012	0.1
Desmodium gangeticum (L.)	Tik Trefoil	whole plant	46	0.011	0.1
Curcuma aromatica Salisb.	Yellow Zedoary	rhizome	46	0.011	0.1
Nardostachys jatamansi DC.	Indian Spikenard	rhizome	48	0.009	0.1
Santalum album Linn.	White sandalwood	heartwood	49	0.006	0.1
Aegle marmelos Corr.	Bael	bark	50	0.005	0.1

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Cedrus deodara (Roxb.ex D. Deodar	heartwood	51	0.004	0.0
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Contraindications/Precautions For external use only. Do not apply on cuts or broken skin. Avoid contact with the eyes and sensitive skin. Not suitable for young children without medical supervision.

Over dose and its Management If there is discomfort discontinue use temporarily

Side Effects and Interactions None known

Potential Allergens Eugenol, Cinnamal, Limonene, Linalool, Benzyl Benzoate, Isoeugenol (from essential oils)

Usage

Age Group All

Dosage Form solid herbal oil

Method of Use For joint/muscle relaxation: Gently rub on the affected area. The benefit will be enhanced by applying a hot water bottle or other warm object wrapped in a cloth to the area for a few minutes afterwards. Application of a hot damp towel is not recommended. Discontinue if there is any irritation or burning sensation.
For clear breathing: Gently rub on the chest.

How Long to Continue Use? As desired

Specific Dietary/Lifestyle Advice

Presentation

Presentation 25ml in a boxed glass jar.

Net Weight grams

Storage Store in a cool, dry, dark place, tightly closed

Shelf Life (months) 36

Regulatory Status General